

NEW
New York
Brooklyn
Manhattan
and
Bronx
GUIDE

A Book of Knowledge

Keep It
Do Not Throw Away

Worth 10 cents

HELP IN CASE OF ACCIDENTS

Remembering 1. Always remember that when a fire starts, it is better to get out than to try to save your property. If you are in a room and the door is closed, and you hear a fire, do not open the door until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

Smoke and Gas.—If you are in a room and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

Highland.—Do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

How to get out of a room.—If you are in a room and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

Remembering 2. Always remember that when a fire starts, it is better to get out than to try to save your property. If you are in a room and the door is closed, and you hear a fire, do not open the door until you have been told to do so.

Fainting.—If you are in a room and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

Tests of Death.—If you are in a room and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

Cover in the Case of Fire.—If you are in a room and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

Fire in One's Clothing.—If you are in a room and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

Fire in a Building.—If you are in a room and you hear a fire, do not go out until you have been told to do so. If you are in a room and the door is open, and you hear a fire, do not go out until you have been told to do so.

IMPORTANT TO YOU

The following questions regarding your health are important to every man and woman, and at the first symptoms of pain, a physician should be consulted for a Health Report, as follows:

Blood Pressure.....
 Heart..... Respiration.....
 Pulse Rate.....
 Lungs
 Stomach
 Liver
 Bladder
 Bowels
 Under or Over Weight.....
 Have I Piles, Fissures or Fistula?.....
 Varicose Veins?.....
 Goiter?
 Enlarged Glands anywhere?.....
 Is the Prostate normal?.....
 What is the condition of the Skin?.....
 Have I an Acid condition?.....

**The Above Questions Will Be Answered
 After a Careful Examination:**

What is the condition of my Blood?.....
 Urinalysis report show:.....
 Do I have Kidney Trouble?.....
 Symptoms of T. B.?.....
 Symptoms of Cancer?.....
 Am I developing weakness in any organ of
 my body?.....

The above questions can be answered only after special Laboratory Analyses and may add years to your life.

DIRECT-METHOD BLOOD TREATMENTS

This method has been my successful treatment for several years. Many physicians opposed the belief and confidence in Intravenous Injections (putting the medicine directly into the blood stream), but today and for all time to come this painless and health-building method will become more and more beneficial to suffering humanity.

By its use the entire body can be rejuvenated for the medicine administered by this method comes in direct contact with thin, weak, watery and impoverished Blood thus rebuilding the Blood which in turn rebuilds the Nerves and Vital Forces. Healthy Blood produces Healthy Nerves. Healthy Nerves and Blood mean Healthy Body. I treat patients frequently without giving any medicine through the stomach.

SKIN DISEASES

The most common and repulsive ailment of mankind. Why should you go through life suffering from skin diseases? Even your best friends will shun your society if your face and body are covered with unsightly eruptions and blotches.

All skin troubles have an underlying cause. Thorough examinations determine the cause and with the aid of special direct-blood treatment methods and local skin penetrating treatments I am achieving splendid results. Don't delay another day, come and let me determine the cause of your skin troubles.

Pimples, blotches, eruptions, rashes, itching, burning, tumors and open sores are now treated on a scientific and safe plan. Remember that any skin disease may be the symptom of a very serious disease. I treat the cause and not the symptoms.

GENERAL INFORMATION

AMUSEMENT RESORTS and BEACHES

BEAR MOUNTAIN (Interstate Park) — Boating, Camping and Beautiful River and Mountain Scenery. Park auto buses through Park—Via steamboats from Jersey City and 129th st. Fare 60 cents Round Trip.

BRIGHTON & MANHATTAN BEACHES—Amusements, Bathing, Dancing, Theatres, Fine Hotels. Take B'wy-Brighton Sub.

CLASON PT. AMUS. PARK, Clason Pt. Bronx.

COLUMBIA PARK (Hudson Blvd., Jersey City)—Dancing & Various Amusements. Hudson Tubes to Summit av. & Busses.

CONEY ISLAND (World's Playground)—Luna Park, Steeplechase, Variety Amusements, Private and Municipal bathing, Dancing. (B.M.T.) West End & Sea Bch sub 5 cts. Busses fr 42d-B'wy. Iron Steamboat from Battery. Fare 25c.

EMPIRE STATE, 34th & 5th Ave., new. (1250 feet high.) (Observation tower.)

LAKEHURST, N. J., Via Central E.R., U. S. Government Airship station—Visitors daily.

LONG BEACH "Deauville of America", Five Hotels, Amusements. L.I.R.R. for Penn. Sta.

MIDLAND & SOUTH BEACHES (Staten Is.)—Bathing & Various Amusements. Ferry to St. George and Trolley.

MITCHELL FIELD (Garden City, L.I.) L.I.R.R. Largest aerodrome in the United States. Government mail station.

PALISADE PARK (Top of Palisades)—Opposite 130th st Ferry, Various Amusements, Bathing Pool. (Night & Day) reached via 130th, 42nd & Hoboken Ferries and Trolley.

PLAYGROUND (Piers), East River, ft of Market st, E. 3rd, E. 4th, E. 23rd & E. 112th North Riv. Barrow st. W. 50th st & W. 129th st.

SIGHT-SEEING CARS, From 34th & 42nd & B'way to Coney Island, up & downtown, Chinatown & special trips.

ROCKAWAY BEACH—Bathing, Dancing, Amusements, Theatres reached via Long Island R. R. from 7th av. & 32d st and Iron Steamboat from Battery. (L. I. R.R.—Exc.)

STARLIGHT PARK, Various amusements, Dancing, reached via Bronx Park sug to 177th st sta.

DR. WM. A. WALKER

142 E. 34th St., New York City

“ONCE UPON A TIME”

So do we begin when telling stories to children; and as we are only children grown a little older, let us say, “Once upon a time in the 17th Century, there lived a man, a great philosopher, who said, ‘Man, know thyself;’” These words, an exhortation to all mankind, have been ringing down the aisles of time. From ages immemorial, man has been trying to know, to understand himself; from the most learned scientist to the urchin in the street, the one great enigma is to know one’s self.

Let us stop and think how little we know of ourselves and how much we seem to know of almost anything else.

What man would not stop to watch an engine working, but how few of us ever stop to consider the greatest engine in the world—the human heart, with its perfect valvular system, its wonderful lifting power, its ability to run and do work year upon year and to not stop for one minute for repair, lubrication, or any other cause.

We eat, but why do we eat as we do—certain and varied foods while other creatures subsist on practically one food all their lives? We sleep, but why? Does an ant or a fish sleep? Then there is the human brain; who can know the mind of man? Did you ever consider the mass of nerves, each for its special duty, and its perfect adjustment as a whole—miles of lines and not a crossed wire?

Read the following pages and know something of thyself.

Key to Street Numbers in Manhattan

(Avenues)—To find what street is nearest take the number, cancel last figure, and divide by 2, add the key number found below. The result will be the nearest street. The key numbers are: Avenue A, 3; Avenue B, 3; Avenue C, 3; Avenue D, 3; First Avenue, 3; Second Avenue, 3; Third Avenue, 9 or 10; Fourth Avenue, 8; Fifth Avenue to Central Park, 18 or 17; above Mount Morris Park, 24; Seventh Avenue, 12; Eighth Avenue, 9; Ninth Avenue, 13; Tenth Avenue, 14; Eleventh Avenue, 15; Lexington Avenue, 22; Madison Avenue, 26; Columbus, Amsterdam and East End Avenues, 59 or 60; Broadway above 14th street (subtract), 30 or 31; Central Park West, divide house number by 10, and add 60; Riverside Drive, divide house number by 10 and add 72.

(Streets)—To find nearest avenue, count 100 numbers to the block, east or west of Fifth Ave.

STREET CAR LINES

BAILEY AVENUE—Fr Fordham rd & Webster av via Fordham rd, Sedgwick av, Bailey av, W. 230th to Broadway. Return same.

BROADWAY—Fr 42nd st & 3rd av W on 42nd st, 7th av, Broadway. 125th st, on 125th st, Amsterdam av, St. Nicholas av, Broadway to 181st st. Returns same. All night.

BROOKLYN BRIDGE SHUTTLE—(Bridge Only)
Fare 3c.

BROADWAY & FORTY-SECOND ST.—Fr foot of E. 42nd st via 42nd st, 7th av, Broadway, Manhattan st, Amsterdam av, St. Nicholas av, Broadway to 181st. Returns same.

BROADWAY & KINGSBRIDGE—Fr E. 125th st & E. River via E. & W. 125th, Amsterdam av, St. Nicholas av, Broadway to W. 225th st. Return same.

BROADWAY - ONE HUNDRED FORTY-FIFTH ST—Fr W. 145th st & lenox av via 145th st, Amsterdam av, St. Nicholas av, Broadway to 181st st.

BRONX & VAN COURTLANDT PARK—Fr Boston rd & E. 177th via Boston rd, E. 180th, Southern blvd, E. Fordham rd, Kingsbridge rd, W. 225th, Broadway to 262nd. Return same.

CLASON POINT—Fr Westchester av & Simpson st via Westchester av, Sound View av, to East River. Return same. Cars run all night.

VAST NUMBERS

of operations for both men and women have been avoided by the prompt and timely use of modern, scientific methods.

If you have been unable to secure relief from your suffering, and are discouraged, call on ME and find out just what good results may be obtained in your case.

Do You Suffer From

Weak Nerves, Lame Back, Forgetfulness, Palpitation of Heart, Weak Lungs, Dull, Heavy Feeling, Headache, Dizziness, Dimness of Vision, Weakness of Limbs, Ulcers, Sores, Catarrh, Dripping in the Throat, Pains in the Stomach or Back, Sore Throat, Coated Tongue, Constipation, Rheumatic Pains, Pimples? These and many others are often the first warnings of one's losing their health and strength.

I have been treating men and women for years. One visit will assure you that I treat the real cause of the condition. Remember, there is no obligation on your part.

Come to me at once, if you need treatment. Delays are dangerous.

DR. WM. A. WALKER

142 E. 34th St., New York City

Near Lexington Ave.

Office Hours: 9 A. M. to 8 P. M. Daily.
Tuesdays and Thursdays 9 A. M. to 4 P. M.
Sundays: 10 to 1 only.

OGDEN AVE.—Fr 155th & Amsterdam ave via W. 155th, Central Bridge, Ogden ave, Washington Bridge, 181st st to Broadway. Return same.

ONE HUNDRED-EIGHTIETH ST. CROSSTOWN (Trem't Av)—Fr Westchester Creek & 177th to B'way & 181st (Mhtn) via 177th st, Boston rd, 180th, Webster ave, Tremont ave, University ave, Washington Bridge. All night cars. 6 miles. 3 cents extra for transfer to subway.

ONE HUNDRED-SIXTEENTH ST. CROSSTOWN—Fr 106th st & Amsterdam ave via 160th, Columbus ave, 109th, Manhattan ave, 116th st to East River. Returns same.

ONE HUNDRED FORTY - NINTH ST. CROSSTOWN—From Southern blvd & 149th st via 149th, Lenox ave bridge. 2 miles; to 145th & Broadway. All night cars. Return same.

ONE HUNDRED SIXTY-FIRST & ONE HUNDRED SIXTY-THIRD STS. CROSSTOWN—Fr Amsterdam ave & 155th st (Mnhan) to Hunts Point via 161st & 163rd. All night cars.

ONE HUNDRED SIXTY-SEVENTH ST. CROSSTOWN—From Westchester ave sta N. Y., N.H.&H. to Broadway & 181st (Mhtn) via Westchester ave, 167th, Simpson st, 169th, Franklin ave, 168th, Webster ave, 167th, Boscobel ave, Washington bridge & 181st st.

ONE HUNDRED-TENTH ST. CROSSTOWN—Fr Hancock pl, and 125th st via St. Nicholas ave, 110th st to 3rd ave. Return same.

ONE HUNDRED THIRTY-FIFTH & ONE HUNDRED THIRTY-EIGHTH STS. CROSSTOWN—Fr 8th ave via 135th, Gerard ave, Madison ave, 138th st to Port Morris. 2½ miles. 125th ST.—Amsterdam av, St. Nicholas to B'way & 181st st.

ONE HUNDRED - TWENTY-FIFTH ST. CROSSTOWN—From E. River via 125th Wmsburg bridge, Edgewater, Ft. Lee ferry, to 130th st. ferry.

Keep this book for future reference—and remember I make no charge for Examination.

SPECIAL LABORATORY TESTS

It may be said that the laboratory affords a great advantage to the Specialist, in his examination, diagnosis and treatment of disease.

Scientific laboratory tests of the blood, urine and certain secretions give you absolute and positive knowledge of the location, extent, and degree of many diseases.

You should consult a physician who confirms his diagnosis of your condition by a laboratory analysis of your blood and urine. Losses, drains, sediments, acid deposits and disease elements are all evident in unhealthy urine.

One of the sure methods of detecting disease is by a thorough chemical, microscopical and analytical examination of the blood and urine.

The scientific method of detecting blood poison and the degree to which the individual is infected, is by means of a laboratory test of the blood itself. This is the most approved way and eliminates all guess-work.

MY EXAMINATION

Every patient who comes to my office for treatment is given a thorough examination of his heart, lungs and other internal organs; his blood pressure is taken; and examinations of his urine and blood are made when necessary.

LEARN YOUR REAL CONDITION

Throw away your doubts and forget your disappointments of the past.

Come to my office for an examination and my opinion. I will tell you frankly whether or not I can help you.

SOUTHERN BLVD. LINE—Fr 133rd st (3rd av elevated) sta. via Southern blvd to E. Fordham rd. Return same. ○

SPRING & DELANCEY STS.—Fr Broadway & Spring via Spring, Bowery, Delancey to Lewis. Return same.

TENTH AVE. BRANCH—Fr 130th st ferry via W. 125th, Broadway, Amsterdam ave, 10th ave, 42nd to West Shore ferry. Return same.

THIRD & AMSTERDAM AVES.—Fr Post Office via Park Row, Bowery & 3rd ave to 130th st, W. on 125th, Amsterdam ave to Fort George. Return same.

TREMONT AVE.—Fr E. Tremont & Westchester sq. via E. Tremont av, Valentine av, E. & W. Burnside av to University av. Return same.

UNIVERSITY AVE.—Fr W. 181st & Broadway via W. 181st, Washington Bridge, University ave, W. Kingsbridge rd, Sedgwick ave, Ft. Independence, W. 238th to Broadway. Return same. 4 miles. Last car 12:40 a.m. 3c extra for transfer to Sub.

WEBSTER & WHITE PLAINS AVE. LINES—Fr 138th st & 3rd av (Mhtn) via Webster av, Gun Hill rd, White Plains, ave N, to City Line. 8 miles. Return same.

WESTCHESTER AVE.—Fr 3rd ave & E. 138th via 3rd av, Westchester av, E. Tremont ave to Westchester sq. Return same.

WESTCHESTER AVE. LINE—Fr 138th & 3rd ave to Westchester sq & Tremont ave via 3d av & Westchester. 5½ miles.

WESTCHESTER & TREMONT AVENUE LINE—Fr Jerome & Burnside ave via Tremont av to Westchester ave. 4 miles.

WEST MT. VERNON LINE—Fr Webster av & 198th to N.Y.N.H.&H.R.R. at West Mt. Vernon, Webster av, Gun Hill rd & White Plains rd (Wakefield), 8½ miles.

WHERE CAN I OBTAIN QUICK AND LASTING RESULTS?

This is a question that thousands ask themselves every day. In chronic ailments it is only reasonable to expect the best results under the care of a physician whose practice is limited to the treatment of such cases. When disease develops suddenly it is often the result of infection, meaning that germs have found lodgement in some part of the body causing irritation, inflammation, swelling, fever and frequently pain. No one remains in doubt very long after infection by germs.

One soon realizes that something other than life's usual routine has to be thought of, and will consult a good physician, just as soon as the trouble is discovered. Anyone whose strength and resistance to disease is below par because of auto-intoxication, functional or organic weakness, improper mode of living, lack of personal Hygiene, improper habits, lack of sufficient nourishment, sleep or exercise, in fact any violation of nature's inflexible laws is much more liable to contract an infectious disease than the man or woman whose bodily strength and resistance are 100 per cent present.

Correct diagnosis and prompt treatment have given relief to many sufferers of Acute Ailments; in fact have done away with the necessity of long expensive treatments which are sometimes necessary if the condition is allowed to become chronic.

14th ST.-CANARSIE (B.M.T.)

Station	Min	Graham av	11	Bushwick av	24
th av (New		Grand st	12	Bway Jct-E Pky	
Munic sub)	0	Mortrose av	13	Atlantic av	
th av (H.T.)	1	Morgan av	15	(L.I.R.R.)	27
Union sq (IRT)	2	Jefferson st	17	Sutter av	29
rd av	3	DeKalb av	18	Livonia av	30
st av	4	Myrtle av	20	New Lots rd	32
Bedford av	8	Halsey st	22	E. 105th st	34
Primer st	10	Wilson av	23	Rockaway pky	35

Free Transfer to Rockaway Parkway to trolley to Canarsie.

MUNICIPAL SUBWAYS

NEW EIGHTH AVE. SUBWAY

Station	Min	(8th av)	12	110th st	24
Jassau st	0	42nd st		116th st	25
ulton st	1	(8th av)	13	125th st	27
Members st	2	50th st		135th st	29
anal st	3½	(8th av)	14	145th st	31
pring st	5	59th st		155th st	33
4th (Wash.		(Col. cir)	16	163rd st	34
sq)	6	72nd st	17	168th st	36
4th st (14th-		81st st	18	175th st	38
Canarsie sub)	8	86th st	20	181st st	39
3rd st	10	96th st	21	190th st	40
4th st		103rd st	21	200th st	42
				207th st	43

Additional Municipal Subway Lines will be Published as soon as completed.

MY OFFICE IS VERY COMPLETE

My consultation and treatment rooms are thoroughly equipped to administer scientific and effective treatments. Intravenous, or direct-into-the-blood, treatments are given under the best of conditions.

DR. WM. A. WALKER

142 E. 34th St., New York City

Near Lexington Ave.

SYMPTOMS OF BLOOD DISEASE

Have you bad breath? Have you blotches or boils? Is your color bad? Is your throat sore? Are you all run down? Is your urine highly colored? Does your head feel dull? Does the skin itch and burn? Is there persistent headache? Do the temples beat and throb? Have you aching in the bones? Have you eruptions on the body that won't heal?

Years of study have been given to finding out the best remedies for treatment of certain diseases. My experience has shown the best of results.

If there is anything of that sort in your condition, I feel that I can help you.

Perhaps you have heard of gland extracts. I have had a great deal of experience with them.

I will not say more to you than that if you need help, I firmly believe my experience and success in the past will make you feel glad for having called here.

Always remember that your happiness and success in life are directly connected with your being in good health.

Therefore do not neglect yourself.

In the treatment of RHEUMATISM, BLOOD and SKIN DISORDERS, and MANY OTHER AILMENTS, ELECTRIC TREATMENT, INJECTIONS DIRECTLY INTO THE BLOOD and ABSORPTION METHODS ARE USED WITHOUT INTERFERENCE WITH YOUR WORK.

EAST SIDE SUBWAY (I.R.T.)

Lexington-Jerome Ave. Express

Stations (Brooklyn)	exp min	Stations	min
Atlantic Av.....	0	138th-Mott and Haven	33
Nevins st.....	1	Mott av-149th.....	34
Ch for 7th av sub		Ch for 7th av sub & Lex av-180th	
Hoyt st.....		161st st.....	35
Borough Hall (Manhattan)	4	167th st.....	37
Bowling Green.....	8	Ch for 6th & 9th L	
South Ferry.....		170th st.....	38
Bowling Green.....	8	Mt. Eden av.....	40
Wall st.....	9	176th st.....	41
Fulton st.....	10	N.Y. Univ. sta.....	43
Brooklyn Bridge.....	12	183rd st.....	44
Worth st.....		Fordham rd.....	46
Canal st.....		Kingsbridge rd.....	48
Spring st.....		Bedford Pk blvd.....	50
Bleeker st.....		Moshulu pkway.....	52
Astor pl.....		Woodlawn	54
14th st.....	16	WESTCHESTER BR. 138th, Mott Haven	
18th st.....		Mott ave.....	36
23rd st.....		Change for Jerome & 7th av subway	
28th st.....		149th st, 3rd av.....	37
33rd st.....		Ch for 3rd av "L"	
Grand Central.....	20	Jackson ave.....	39
Change for Times & Queensboro Tunnel		Prospect ave.....	40
51st st.....		Intervale ave.....	41
59th st.....		Simpson st.....	42
68th st.....		Freeman st.....	44
77th st.....		174th st.....	45
86th st.....	25	177th st.....	47
96th st.....		Ch for Bronx Park	
103rd st.....		Ch for Wh Pin sub & Boston & W't'n rr.	
110th st.....		180th st.....	48
116th st.....			
125th st.....	30		
Ch for H'ts Pt local JEROME AVE BR.			
125th st.....	30		

I Make No Charge for Examination

DR. WM. A. WALKER

142 E. 34th St., New York City
Between Lexington and 3rd Ave.

HOW TO TELL UNHEALTHY FROM HEALTHY URINE

By the Appearance of the Urine

In Respect to	HEALTHY	UNHEALTHY
COLOR----	Pale yellow to amber. Clear.	Deep yellow to red, brownish, smoky, or pale and cloudy.
THICKNESS	Scarcely heav- ier than water.	Noticeably thicker than water—heavy.
AMOUNT PASSED---	Three to four pints in 24 hours.	Less than two and a half pints in 24 hours, or more than four pints.
ODOR -----	Pungent or acid. Not of- fensive.	Strong, foul, or of- fensive.
NATURE OF PASSAGE--	At will dur- ing the day— hardly ever at night.	Too frequent, involun- tary, burning or pain- ful, scanty, dribbling, or passages at night.
SOLID MATTER---	Dissolved, in- visible.	Red brickdust-like sedi- ment, grains like sand or stringy whitish set- tlings.
OTHER CHARAC- TERISTICS	Healthy urine is slightly acid, not enough to burn or scald in passing, and does not stain linen.	A greasy, shiny scum on the surface, or blood in the urine is a bad sign.

SOME SOUND ADVICE

A great many people get themselves in a nervous frame of mind and imagine all sorts of things ail them because they save some of their urine in a bottle and allow it to stand. As a matter of course, it changes in appearance, and color, the sediment arouses fear in the mind of the person until they often reach a state of frenzy. There is no need to do this. Have your urine examined by a competent laboratory and know the truth.

EAST SIDE SUBWAY Con'd.

Stations	min	Stations	min
WHITE PLNS DIV.			
177th st.....	47	Brook ave.....	34
180th st East.....	49	Cypress ave.....	35
Bronx Pk East.....	51	E. 143rd st.....	36
Pelham Pkway.....	53	E. 149th st.....	37
Allerton ave.....	55	Longwood ave.....	39
Burke ave.....	56	Hunt's Point ave.....	40
Gun Hill rd.....	57	Whitlock ave.....	42
E. 219th st.....	59	Elder ave.....	43
E. 225th st.....	60	Sound View ave.....	44
E. 233rd st.....	61	St. Lawrence av.....	46
E. 238th st.....	62	177th st.....	47
E. 241st st.....	64	Castle Hill ave.....	48
		Zerega ave.....	49
		Westchester sq.....	50
PELHAM BAY PK.			
Hunts Pt loc.....	30	Middletown rd.....	52
138th st. 3rd av.....	32	Buhre ave.....	53
		Pelham Bay Park.....	54

WEST SIDE SUBWAY (I.R.T.)
Seventh Ave.-Broadway Express

Stations	exp min	Stations	min
Brooklyn		Christopher st.....	
Atlantic ave.....		(Sher. Sq.)	
Nevens st.....	1	14th st.....	19
Hoyt st.....	3	18th st.....	
Borough Hall.....	4	23rd st.....	
Clark st		28th st.....	
Bklyn Heights.....	6	33rd-Penn. station.....	20
(Manhattan)		Ch for Hudson Tubes	
Wall & Wm. sts.....	10	42d-Times Sq.....	22
Fulton st.....	11	Shuttle to Gd Central	
Park pl.....	12	50th st.....	
Chambers st.....	14	59th st.....	
South Ferry.....	loc	56th st.....	
Rector st.....		72nd st.....	26
Cortlandt st.....		79th st.....	
Chambers st.....		86th st.....	
Franklin st.....		91st st.....	
Canal st.....		96th st.....	29
Houston st.....		Dyckman st. Term.....	60

COMFORT STATIONS

MANHATTAN		Delancey & Sheriff
Abingdon square		Delancey & Allen st
Battery Park		5th Av & 85th (in pk)
Bdway & 96th st		Hanover square
Bdway, 7th ave & 42d		Jeanette pk, Coentis
(Times Sq.)		Slip
City Hall Park		Lngacre sq 47th & Bwy
Central Pk & W 61st		Mnhhtn bdge, Bowery
Chatham square		& Bayard st

DON'T GROW OLD TOO SOON

Poor Health Shows Age More Than Years

Cleanse the blood of all poisons, treat all germ diseases, vitalize the nerves, and you will thereby strengthen every organ in your body. In this way you will overcome weakness and disease and bring back your old-time vim and vigor. It will give back to you that buoyant vitality with all its physical power and mental alertness that a normal man or woman should possess.

By having your disease or weakness treated, you will retard old age and make life worth living. Dr. Walker's treatment has restored health to others, and it should do the same for you. Call at your convenience.

REMARKABLE RESULTS

have been obtained by introducing into the blood, Serums, Vaccines, Bacterins and Specially Prepared Compounds. They reach the seat of the trouble, build up the blood to carry health and strength to every part of the body. These injections into the blood, when combined with internal medicines, are beneficial in many weakened conditions of the body. Many patients feel much improved after one or two treatments.

EASTERN PARKWAY (L. R. T.)

Stations	min	Stations	min
Atlantic ave.-----	0	Utica av.-----	8
(L.I.R.R.)		Sutter av.-----	9
Bergen st.-----	1	Saratoga av.-----	11
Institute pk.-----	2	Rockaway av.-----	12
Eastern parkway.-----	4	Junius st.-----	14
Franklin av.-----	5	Pennsylvania av.-----	16
Nostrand av.-----	4	Van Siclen av.-----	17
Kingston av.-----	6	New Lots av.-----	19

NOSTRAND AVENUE EXT. (I. R. T.)

Atlantic ave.-----	0	Sterling st.-----	8
Bergen st.-----	1	Winthrop st.-----	10
Institute park.-----	2	Church av.-----	12
Eastern parkway.-----	4	Beverly rd.-----	14
Franklin av.-----	5	Newkirk av.-----	16
President st.-----	6	Flatbush av.-----	19

HUDSON TUBES

HUDSON TERM. & NEWARK				Hoboken			
				(Lack R.R.)-----			
				min min			
Hudson Terminal				SIXTH AVE. & 33rd ST.			
(Fulton & Cort-				to HOBOKEN & SUMMIT			
landt sts)	min	min		AVE.			
Ex. pl. J. C.-----	3	1		33rd st. (Her-			
P.R.R. sta)				ald sq.)-----			
Grove st.-----	6	1½		Ch for B'way			
(Ch. for Ppt'n trains)				(B.R.T. sub)			
Summit ave.-----	9	3		28th st & 6th av.---	1	¼	
Mnhatn Tran.-----	16	7½		23rd st & 6th av.---	2	½	
(Ch for P.R.R. trains)				19th st & 6th av.---	3	¾	
Harrison (4th				14th st & 6th av.---	4	1	
st) -----	18	8		9th st & 6th av.---	5	1¼	
Park pl (Nwrk)---	20	9		Christopher st.---	6	1½	
HUDSON TERM. & HOBOKEN				Hoboken			
				(Lack RR.)-----	15	2½	
				Erie RR. sta.-----	15	2½	
Hudson Term.-----				Grove st.-----	17	3	
Ex. pl. J. C.-----	8	1		(Ch'nge for Newark)			
Erie R.R. sta.-----	6	1½		Summit ave.-----	20	4	

BROADWAY-B.M.T.-SUBWAY

Note: Express stations and minutes indicated in bold type.

SEA BEACH SUBWAY EXPRESS

Stations	min	Stations	min
New York		†Canal st.-----	8
Times sq (42nd)-----	0	Brooklyn stations	
34th & Broadway-----	2	Myrtle & Gold st.-----	14
Union sq (14th)-----	4	*DeKalb av.-----	16

DOES THIS MEAN YOU?

Are You One of the Many Men or Women
Who Have Grown Old While
Still Young?

Neurasthenia is one of the most common diseases of the day. Sufferers generally complain of a constant dull ache in the small of the back and the middle of the spine, etc.

They feel weak in the legs and arms and suffer palpitation of the heart. On account of the poor and irregular circulation, the patient's feet are often cold, so that he must sleep with stockings on even in fairly warm weather. His hands may also be cold and perspire readily. Blushing on the least provocation is also one of the many symptoms.

People afflicted with Neurasthenia are usually complaining of a heavy feeling in the stomach, coated tongue, bad breath, constipation, etc. They are afraid and depressed, and for this reason avoid people. In most cases the above symptoms do not signify a serious condition, but they demand the attention of a Physician.

BRIGHTON SUBWAY

Stations	min	Stations	min
57th st.....	exp 0	Atlantic av.....	exp
49th st.....	1	L.I.R.R. sta.....	18 29
*Times sq.....	0 2	7th av.....	29
*34th st.....	1 4	zProspect pk.....	23 35
Ch for Hudson Tubes		Parkside av.....	37
28th st.....	5	Church av.....	26 38
23rd st.....	7	Beverly rd.....	40
*Union sq.....	4 9	Cortelyou rd.....	41
8th st.....	11	Newkirk av.....	29 42
Prince st.....	13	Ave H.....	44
*Canal st.....	8 15	Ave J.....	46
City Hall.....	16	Elm av.....	48
Cortlandt st.....	17	King's H'way.....	33 50
Ch for Hudson Tubes		Ave U.....	52
Rector st.....	18	Neck rd.....	54
Whitehall st		S'head Bay.....	36 55
So Ferry.....	20	Brighton Bch.....	39 57
Court st (Boro		Ocean parkway.....	42 58
Hall Bkln).....	24	W. 8th st.....	60
Lawrence st.....		Stillwell av.....	
Being built		Coney Is.....	45 63
*DeKalb av.....	15 27	14½ miles	

*Change to Fourth ave, West End & Sea Beach trains.

zChange to Brighton-Franklin & Fulton st Elevated trains.

Normal operation of Brighton local service is via Montague St. Tunnel except on Sundays (9:00 A.M. to Midnight) and during theater hours on weekdays (8:00 P.M. to midnight) when local trains operate via Manhattan Bridge. During rush hours and during midday on weekdays (Saturdays to 2:19 P.M.) local trains operate through to Queensborough Plaza, Long Island City, instead of 57th St., Manhattan. Express service via Manhattan Bridge is operated between Brighton Beach and Times Square during rush hours and in midday on week days.

Free transfer at Queens Plaza for Corona and Astoria stations.

Stations	min	Stations	min
Queensboro Plaza.....	loc	34th st & B'way.....	12
(Long Is. City).....	0	34th st & B'way.....	12
Lex. av & 60th.....	7	Ch for Hudson Tubes	
5th av & 60th.....	8	28th st & B'way.....	13
57th & 7th av.....	9	23d st (Mad. sq.).....	16
49th & 7th av.....	10	*Union sq-14th.....	17
Times sq (42nd).....	11	8th st & B'way.....	18

TABLE OF AVERAGE WEIGHTS

WATCH YOUR WEIGHT!

Average height, weight and age for men and women (for a man add two pounds to the average; for a woman, subtract two pounds.) If you are more than twenty five pounds below the average for your height and age, you are probably thin and undernourished.

		AGES							
Feet	Inches	15-24	25-29	30-34	35-39	40-44	45-49	50-54	55-60
5	0	120	125	128	131	133	134	134	134
5	1	122	126	129	131	134	136	136	136
5	2	124	128	131	133	136	138	138	138
5	3	127	131	134	136	139	141	141	141
5	4	131	135	138	140	143	144	145	145
5	5	134	138	141	143	146	147	149	149
5	6	138	142	145	147	150	151	153	153
5	7	142	147	150	152	155	156	158	158
5	8	146	151	154	157	160	161	163	163
5	9	150	155	159	162	165	166	167	168
5	10	154	159	164	167	170	171	172	173
5	11	159	164	169	173	175	177	177	178
6	0	165	170	175	179	180	183	182	183
6	1	170	177	181	185	186	189	188	189
6	2	176	184	188	193	194	196	194	194
6	3	181	190	195	200	203	204	201	198

HOW DO YOU STAND ON THE HEALTH MARKET?

Do you arise each morning eager for the day's work and pleasures, or are you tired all out of sorts and only half normal?

FOURTH AVE. (B. M. T. SUB. Cont'd.)

Stations	min	Stations	min
Prince st.-----	21	*DeKalb av.-----	36
*Canal st.-----	23	xPacific-4th av.-----	37
City Hall.-----	25	Union st.-----	38
Cortlandt st.-----	26	9th st.-----	40
Ch for Hudson Tubes		Prospect av.-----	41
Rector st.-----	27	25th st.-----	43
Whitehall st (So		x36th st.-----	45
Ferry)-----	28	45th st.-----	47
Court st (Boro		53rd st.-----	49
Hall) Bklyn.-----	34	x59th st.-----	51
Lawrence st.-----	35	Bay Ridge av.-----	52
(Being built)		77th st.-----	53
		86th st.-----	55

*Change to Brighton, Sea Beach & West End expa.

xChange to West End & Sea Beach expresses.

xChange to Sea Beach Expresses.

†Change to trains via Wmsburg Bg. to Carnarsie,
Ridgewood, East New York, Jamaica, etc.

ELEVATED ROADS (NEW YORK)

SECOND AVE. ELEVATED

So Ferry to 129th Stations	min	Station	min
So. Ferry-----	0	42nd st.-----	17
Hanover sq.-----	1	50th st.-----	19
Fulton st.-----	3	57th st.-----	20
Franklin sq.-----	4	65th st.-----	22
Chatham sq.-----	5	72nd st.-----	23
Ch for 3rd av "L"		80th st.-----	25
Canal st.-----	6	86th st.-----	26
Grand st.-----	7	92nd st.-----	27
Rivington st.-----	8	99th st.-----	29
1st st.-----	9	105th st.-----	30
8th st.-----	11	111th st.-----	31
14th st.-----	12	117th st.-----	32
19th st.-----	13	121st st.-----	33
23rd st.-----	14	125th st.-----	34
34th st.-----	16	129th st.-----	35
		Ch for 3rd av "L"	

THIRD AVE. ELEVATED

Stations	min	Stations	min
City Hall-----	0	9th st.-----	5
Chatham sq.-----	1	14th st.-----	6
Change for 2d av L		18th st.-----	7
Canal st.-----	2	23rd st.-----	8
Grand st.-----	3		
Houston st.-----	4		

HAVE YOU TRIED WITHOUT SUCCESS TO GET WELL?

It very often happens that persons with little ailments, if neglected, will become seriously ill. Experience has shown that for certain troubles correct diagnosis and prompt treatment are most likely to bring about the best results.

Success and experience bring confidence and these in turn almost always mean favorable results. Having labored through great experience to obtain success, and having given certain diseases special study the best methods have been found, and patients therefore receive the best treatment.

Good health is the greatest thing in life, and any thing which adds to that and thereby insures longer life, is worth the best effort and attention.

In treatment of diseases of the stomach, intestines and bowels, which cases are very frequent, particularly good results have been obtained. Many cases of long standing, chronic ailments have been benefited.

Come, consult me in regard to your condition and you may feel sure that if results can be obtained you will get them here.

I MAKE NO CHARGE FOR AN EXAMINATION OR CONSULTATION

OFFICE HOURS:

9:00 A. M. to 8:00 P. M. Daily

Tuesday and Thursday 9 A. M. to 4 P. M. only

Sunday, 10:00 to 1:00 Only

DR. WM. A. WALKER

142 E. 34th Street
Near Lexington Ave.
New York City

THIRD AVE. ELEVATED Cont'd.

Stations	min	Stations	min
28th st	9	143rd st	26
34th st	10	149th st	27
		Change for Lex. av &	
42nd st	11	7th av subway	
Ch for Grand Central		156th st	29
47th st	12	161st st	30
53rd st	13	166th st	31
59th st	14	169th st	33
67th st	16	Clearmont parkway	34
76th st	16	174th st	35
84th st	17	Tremont av	37
89th st	18	180th st	38
99th st	19	183rd st	39
106th st	20	Fordham rd	41
116th st	21	Bronx Park	43
125th st	22	200th st	44
129th st	23	204th st	45
Ch for 2nd av "L"		210th st	47
133rd st	24	Gun Hill rd	48
138th st	25	Ch for Wh Pins line	

SIXTH AVE. ELEVATED

So Ferry	0	14th st	13
Battery pl	1	18th st	14
Rector st	2	23rd st	15
Cortlandt st	3	28th st	16
Park pl	4	33rd st	17
Chambers st	6	38th st	18
Franklin st	7	43rd st	19
Grand st	8	50th st	20
Bleeker st	10		
8th st	12		

KEEP THE BLOOD PURE

Skin eruptions are usually warnings of impure blood. Watch the little pimples; they are Nature's warning. If your blood is impure, contaminated, these eruptions or blotches sometimes appear on the skin. This warning may come and go and unless you have had scientific treatment, there is danger of its return. No one is stronger than the condition of his blood allows him to be.

RAILROADS AND STATIONS

Railway Joint Ticket Offices

Phone Bryant 6700	31 W. 32d st, nr B'way
64 Broadway, nr Wall st	114 W. 42d st, nr Br'dwy
67 Chambers st, nr Brdy	4 Court st, (Brooklyn)

WHAT THE RIGHT DOCTOR MEANS TO YOU

You yourself cannot know for certain if your body and health are sound—if all your organs are working properly. It takes a trained man, a doctor, to find that out.

Why not go where there is someone who can tell you whether you are well or not—someone who has spent years in studying disease and the signs it shows?

I have no desire to find that you are sick. Your health may be perfect, and if I find that to be the case, it will be a pleasure for me to tell you so. I prefer to see people well, and enjoying the happiness and prosperity that come from perfect health.

But it is my business to interpret your aches and pains and to discover the hidden danger signals that underlie them and to inform you of the actual facts as I find them.

If you tire too quickly it may mean that your blood is not right, and that you are on the road to anaemia, a condition which makes people weak, listless, unable to work for their daily bread. A thorough examination by a Doctor can tell you if you are threatened by this condition. It will tell if any serious condition is endangering your health.

ATLANTIC AVE. TERMINAL, (Brooklyn) L.I.R.R., reached via subways and Brooklyn elevated roads.

BALTIMORE & OHIO TERMINAL, Jersey City, N. J. Motor Coach Service from 100 42nd—15 W 83rd—191 Joralemon St., Brooklyn.
Freight, 25 Broadway.

CENTRAL RAILROAD (Jersey City) Ferries Liberty st and W. 23rd st; Cent. RR. of N.J., Phila. & Reading R.R.

Information Pass., ft. of Liberty. Ticket Offices, 64 B'way; 57 Chambers; 31nd & 114 W. 42nd. Com. Agent, 143 Liberty. Freight Stations, Piers 46, 10 & 39, N.R. also 3rd av & 133rd st.

ERIE RAILROAD (Jersey City), via Hudson Tube fr 33d st (uptown) & Hudson Term. (downtown), Chambers & W. 23d st ferries; Erie (all div.); New York, Susq. & Western.

Executive & General Offices, 50 Church. Dairy Agent foot of Chambers. Freight & Passenger Offices, 71 W. 23d st; Park av & 135th; W. 28th & 11th; Produce Exchange; Pier 7, E.R. foot of W. Houston st.

GRAND CENTRAL, 42nd st & Park ave (125th st sta. (Stop for trains) New York Central, Hudson River Lines; New York, New Haven & Hartford R.R. East Side Sub. Exp. sta.

HUDSON TERMINAL, Church st, from Cortlandt to Fulton sts (Entrances on Church, Cortlandt, Dey and Fulton sts.)

LACKAWANNA (Hoboken, N.J.), ferries Barclay, Christopher & W. 23d, Hudson Tube trains from 33d st (uptown) & Hudson Terminal (downtown).

General & Executive office, 90 West st. Information & Passenger Office, 110 W. 42nd st. Freight Agents, 302 B'way; Produce Exchange. Freight Stations, Piers 13, 41 & 68 N.R. & Pier 26 E.R.

LEHIGH VALLEY R.R. Penna. R.R. Sta., 7th av & 33rd st

General Office, 143 Liberty. Information Bur., Penna. sta. Passenger Agent, 110 W. 42nd st. Freight Stations, 143 Liberty; Hudson Term.; Piers, 8 & 34 N.R.; 44 E.R.; 66 N.R.; foot of W 27; foot of 124th & 149th & Harlem River.

DIATHERMY STOPS PAIN

Dia-thermy — internal heat — resulting within the body tissue or organs, from applied electrical oscillations, is the modern treatment for PAIN, inflammation, congestion, nerve irritation, lumbago, neuritis, arthritis and sciatica without stomach drugging.

The MEDICAL DIATHERMY used by Dr. Walker is a modern appliance giving two million alternations per second and developing, by electro chemical and metabolic reaction, heat in any part or organ of the body at any depth or degree desired. This electrical application is made without pain or shock. The applicators are cool, no heated instruments used, the heat being generated in the parts being treated either near the surface or deep in the tissues.

If your ailment, with pain, has not been helped dia-thermy may give you immediate relief—it is well worth a trial.

Conditions such as congestions, swellings, neuritis and rheumatic pains, etc., that, at times, have not responded to drugs, light rays, baking, etc., have been relieved by diathermy.

LONG ISLAND R.R., Penna. R.R. sta., 7th av & 83d st. Freight Sta., Pier 22, foot of James Slip.

N. Y. CENTRAL R.R., Grand Central Terminal, 42nd & Park av

General Passenger Office, Grand Central Terminal. Ticket Offices, 64 B'way; 57 Chambers; 31 W. 32d; 110 W. 43d st; Grand Central Term. & 125th st sta. Lost Property, Grand Central Term. Mail Service, Pier 72, N.R. Freight Traffic, Grand Central Term. Foreign Freight, Produce Exchange. Freight Stns., Barclay st; Piers 16, 17, N.R.; Piers 83 N.R.; 4 E.R.; 34 E.R.; St Johns P'k, Laight & Varick; 11th av & 33d; 11th av & 60th; 12th av & 132d; Webster & 198th; Locust av & 141 E.R.; Webster & Brook aves. East Side subway to 42d st.

N.Y., N.H. & H., 132d st & Port Morris, Casanova, Hunters Point & Boston rd., West Farms & Van Nest.

N. Y. WESTCH'R & BOST. R.R., via 3d av elevated to 132d.

Ticket Offices, 57 Chambers; 64 B'way; 31 W. 32nd & 114 W. 42nd. Freight Stations, Piers 70, 37 E.R. & Pier 14, N.R.

N. Y. ONTARIO & WESTERN R.R., Grand Central Term., 42nd st & Park ave.

Ticket Offices, 64 B'way; 57 Chambers; 31 W. 32nd & 114th W. 42nd st. Freight Offices, N. Pier 23 N.R.; 11th av & 33d; N.R. & 42nd, foot of 42nd & Piers 4 & 34, E.R.

N. Y. RAILWAYS CO., 165 B'way. Lost Property, 820 8th ave.

N. W.. SUSQUEHANNA & WEST R.R., 50 Church. See Erie.

PENNSYLVANIA, 7th & 8th aves, 31st to 33rd sts. Jersey City, Exchange pl. many local trains depart from here. Pennsylvania Railroad (main line); Seaboard Air line, Atlantic Coast line, Southern R.R., Chesapeake & Ohio R.R., Long Island R.R. (all div.). Baltimore & Ohio R.R., Lehigh Valley R.R. leave and arrive at this terminal. Lehigh Valley R.R. leave and arrive at this terminal. Hudson Tube trains connect at Jersey City and Manhattan Transfer for all Penna. trains, also from 33d station. West Side subway express sta.

City Ticket Office, 64 B'way; 31 W. 32nd; 57 Chambers & 114 W. 42nd. Pullman Peser., Penna. sta. & 263 5th av. Div. Passenger Agency, 263 5th av. Freight Station, Piers 1, 4, 5, 27 28 & 29 N.R. & Produce Exchange.

HIGH BLOOD PRESSURE

High Blood Pressure generally means loss of elasticity of the walls of the blood vessels, and is met with in certain part in kidney 'diseases. Prominent among the symptoms that accompany high blood pressure is a thickening or hardening of the arteries, a full pulse and sometimes signs of heart embarrassment. Palpitation and shortness of breath on slight exertion may be pronounced. Vertigo or dizziness is a common symptom and may be accompanied by attacks of faintness. There may be sudden paralysis of both legs with little or no pain. The loss of power may be slight or decided. Improvement is usual but relapses are frequent.

There may be slowly progressive weakening of the legs with a feeling of numbness and some pain on exertion. Often there is complaint of an overpowering sense of weariness after mental or physical effort.

People having headaches, shortness of breath on exertion and palpitation should immediately consult a competent physician, as these are very often symptoms of an increased blood pressure or thickened and hardening arteries.

POINTS OF INTEREST

AMERICAN MUSEUM OF NATURAL HISTORY

—Columbus av & Central Pk West at 77th st. Open week-days 9 a.m. to 5 p.m. Sundays 1 to 5 p.m. Free admission.

AQUARIUM—In Battery Park was formerly the site of Fort Clinton and later became the famous Castle Garden; first used as an amusement hall and later as the landing place for immigrants. Castle Garden became the home of the Aquarium in 1893. Collection of fish, mammals, mollusks, etc., forms a wonderfully beautiful exhibit of many thousand specimens. Open daily. Free.

ARSENAL—Central Park, 64th st & 5th ave. Erected in 1851 under direction of Lieut. Governor Hamilton Fish.

BARTHOLDI'S STATUE OF LIBERTY—Bedloe's Is. Presented to the United States by the French people. Over 300 feet high. Lighting of Liberty torch takes place with the flash of "sunset gun." Boats hourly from Battery. Round trip, 25c.

BOWLING GREEN—At the foot of Broadway. Oldest park in the city. Here stood the statue of King George III, which, during the War of the Revolution was destroyed and made into bullets. The rail fence enclosing it was originally imported from England.

BROOKLYN BRIDGE—Completed in 1883. Length 6,587 ft. 135 ft. above water.

BRONX PARK—N. Y. Zoological Garden and Botanical Gardens. East & West subways to 180th st sta & 3rd av Elevated rd. Open 10 a.m. to one-half hour before sunset. Admission free excepting Monday and Thursday, when the charges are: adults, 25c; children, 15c.

CATHEDRAL OF ST. JOHN THE DIVINE (Prot. Epis.)—Morningside Heights. Finest church edifice in America. Cornerstone was laid in 1892. 6th or 9th av L to 110th.

CENTRAL PARK—59th st north to 110th st. & Fifth av west to Eighth ave. Beautiful drives and walks.

CHURCH OF ST. MARK—2nd ave & 10th st. Tombs of Peter Stuyvesant and others in churchyard.

THE KIDNEYS

The kidneys are two tubular glands placed at the back of the abdominal cavity, one on each side of the body; the right being a little lower than the left.

They are bean shape, covered with a thick, tough envelope called the capsule.

The kidneys separate waste matter from the blood and help maintain its normal condition. If they become inactive, death follows.

Blurring of vision, spots before the eyes, frontal headache, severe pain in back, puffiness under the eyes and gastric disturbance, swelling of ankles or feet, odorous perspiration, skin irritations, dizziness, spasms, disturbed circulation, pains extending around the waist, girdle pains, decreased or excessive urination are symptoms of kidney trouble. Functional kidney changes in which albumen appears in the urine but not constant, more common in young men, can be corrected if taken in time.

Chronic nephritis, which causes distress and suffering over a period of many years, involving complications of other organs. If there is the least suspicion of kidney trouble, do not delay—consult me at once. In such chronic diseases a diagnosis with laboratory tests is essential. The life insurance companies protect themselves by this method. Is not your life worth as much as you?

CITY HALL (Governor's Room)—City Hall Park. Built 1803 to 1812. Priceless relics and paintings. Open to public.

COLLEGE OF THE CITY OF NEW YORK—Amsterdam av & 140th st. 7,000 students in attendance. Stadium here.

COLUMBIA UNIVERSITY—Broadway & 116th to 10th sts. Foremost institution of higher learning in New York. Founded in 1754. Visitors permitted. W.S. sub. to 116th.

CONEY ISLAND (Brooklyn)—World's greatest playground. Broadway-Brighton & West End & Sea Beach lines.

COOPER UNION—Donated by Peter Cooper as a free reading room and library for the poor. Free college, day & evening schools. (East Side Subway.)

CUSTOM HOUSE—Just South of Bowling Green. Modern French Renaissance style and cost \$7,000,000 to build. It stands on the side of Fort Amsterdam, built by the Dutch in 1629. In 1790, Government House, for the accomodation of Washington's administration, was erected here. On each side of the main entrance to the Custom House are imposing groups of statuary by the American sculptor, French. The dome is the largest of solid masonry in the world.

ELLIS ISLAND—Immigration station, free ferry from Barge office Battery Park Pier.

EQUITABLE—World's Largest Building. Located at 120 Broadway. More than 20,000 People occupy the offices daily.

FLATIRON BUILDING—Some years ago the greatest attraction in New York. Now it attracts little attention.

FRAUNCES' TAVERN—Corner of Broad & Pearl sts. Dates back to the days of Washington and Alexander Hamilton. Favorite meeting place of their day and here in the "long room" Washington made his Farewell Address to his officers after the olose of the War. Recently restored by the Sons of the Revolution. It has a museum of interesting relics.

FULTON MARKET—Fulton st & East River. Largest wholesale sea food market in the world.

GHETTO (East Side)—Among the crowded tenement districts of the lower East Side, from Manhattan bridge and Bowery may be seen Pushcart and Sidewalk Merchants in every street. Every nationality of the world can be found here and a perfect babel of tongues because of so many languages.

STOMACH TROUBLES

Diseases of the stomach and bowels are the most frequently treated conditions. Improper habits of eating, overeating, irregular times for meals, bolting the food without proper mastication, drinking too large quantities of fluid with the meals, incompatible combinations of food at the same meal—these and other causes have made dyspepsia, indigestion or so called stomach troubles the rule rather than the exception.

The symptoms produced by derangement of the stomach and bowels are so varied and numerous as to be almost beyond belief, and pages would be required to enumerate even those most common and prominent. Feeling of fullness after eating; bloating after meals with formation of gas in bowels and stomach; bad taste in the mouth, especially in the morning; coated tongue; headache; palpitation of the heart; bad dreams; constipation or diarrhoea; undue fatigue; nervousness; mental despondency; pain in various parts of the body; loss of appetite. These and scores of other symptoms—singly or in combination—when interpreted by a long experienced Physician usually point to the exact condition.

RAILROAD STATIONS—Grand Central, 42nd & Park av, area 75 acres. Pennsylvania 33rd & 7th ave, covering two city blocks Largest in the world.

RIVERSIDE DRIVE—Overlooking the Hudson. One of the most beautiful drives in America. Soldiers' and Sailors' monument at 89th st. Grant's Tomb at 123rd st. Busses.

ROOSEVELT HOME—28 E. 29th.

SAILORS SNUB HARBOR—(Staten Is.) Home for aged seamen. Beautiful grounds. (S. I. Ferry ft of Whitchall st.)

ST. MARK'S CHURCH—Second ave & 11th st. Built 1795. Contains tomb of Peter Stuyvesant.

ST. PATRICK'S CATHEDRAL—5th ave & 50-51st sts. Began in 1858; Gothic; eleventh cathedral in size in the world; capacity 2,500 people. 5th ave busses.

ST. PAUL'S CHAPEL—Broadway & Vesey st. Built in 1767. Oldest church buliding in the city. Washington's pew remains today. Church yard has many historical tombs.

SPANISH MUSEUM—Broadway & 155th st. Moorish temples, Spanish cloisters, famous paintings, art and architecture, all characteristic of romantic Spain, in the ity of N. Y.

STADIUM (College of New York)—136th & Amsterdam ave.

STOCK EXCHANGE—At 10 Broad st. Oldest organization of brokers. Over \$250,000 per seat has been paid for the privilege of conducting business here. Only members permitted.

TRINITY CHURCH—Broadway opp. Wall st. Original built in 1696. Rebulit 1788, present church in 1839, and consecrated in 1846. The land was given by Queen Anne. Its special interior feature is the wonderful carved altar in memory of the late William B. Astor. In the churchyard are buried Robert Fulton, Alexander Hamilton and others. Oldest grave 1680. All subways to Rector st.

U. S. SUB-TREASURY—Broad & Wall sts. On the site of the old Dutch City Hall, which contained a Debtor's Prison, and later the Federal Bulldings from the balcony of which was read the Declaration of Independence, in 1776. J. Q. A. Ward's colossal statue accupies a conspicuous position on the broad entrance steps from which Gen. Washington made his Inauguration address. Open from 10 a.m. to 3 p.m.

THE BLOOD

The blood is the life of the body, but if impoverished or infected, may be the death of it.

Impoverishment of blood (deficiency of the red corpuscles, anaemia). I treat by the method of intravenous or direct medication. This modern method, of placing the remedial drugs directly into the blood stream gives beneficial results.

One of the direct effects of many acute and chronic disease processes is to reduce the number of red blood corpuscles. If this deficiency is continued, recovery from any such disease may be prevented and the chronic condition also continued. This blood disorder (anaemia) in the presence of other diseases is dangerous, and the immediate direct method treatment is desirable to assist in the recovery from the associated acute or chronic disease.

In the study of the role of the blood in disease process, the major share of attention has been given the white blood corpuscle (leukocyte) regarded as the active or important agents in resisting or repairing attack by disease. In recent years, the red corpuscle is considered not only equally as active but is the oxydizer or revivifier. To stimulate their number and efficiency is the Wonder Work sought by this new direct method into the veins, giving marked beneficial results.

BUS LINES

FIFTH AVE. BUS ROUTES

- 1 5th AVE, Fr. Washington sq via 5th av to 135 & 5th.
- 2 5th & 7th AVES, Fr Washington sq via 5th av, 110th st, 7th av to 125th st.
- 3 5th AV & ST. NICHOLAS AVE, Fr 5th av & 25th st, via 5th av, 110th st, Manhattan av, St Nicholas to 181st st. Return same.
- 4 5th AV CATHEDRAL PKWY RIVERSIDE DR BWAY, Thru service bet 168th & Bway & Penn sta. 5th Av, Cathedral Pkwy & Riverside Dr, bet Grants Tomb & Astor pl daily.
- 5 5th AVE, (57th ST) RIVERSIDE DR & B'WAY, Lv Washington sq to 168th st.
- 5th AVE, 57th ST RIVERSIDE DR & BDWAY, Thru service from 157th & Broadway to Astor pl.
- 6 72nd ST CROSSTOWN, Thru service fr E 72nd & 1st av to 72nd & Central Pk.
- 7 WASHINGTON HIGHTS & HARLEM, bet 193rd & St Nicholas av (Ft George), to 125th & 7th av.
- 8 5th AVE, 57th ST RIVERSIDE DR, BWAY & ST NICHOLAS AVE, Thru service fr 193th st & St Nicholas av to 42nd st & 5th av.
- 9 CENTRAL PK (W), ASTOR PLACE, (Weekdays only), Thru service fr 72nd & Central pk (W) to Astor pl.
- 15 JACKSON HEIGHTS, Thru service between 25th st & Northern blvd (Jackson hghts) to 25th st & 5th av.
- 16 ELMHURST CROSSTOWN, (82nd st & Northern blvd); Broadway & Queens blvd.

THIRD AVENUE RAILWAY CO.

- 1 CONCOURSE-138th ST LINE, Lv 138th st via Mott av Gr Conc to Moshulu pky. Return same.
- 2 CONCOURSE-HUB LINE, Lv 149th st (Hub) via Cortlandt, Wick av to Ft Independence st, rd 5.2 miles. Return same.
- 3 PROSPECT AVE, Lv 148th st (Hub) via Bergen av, Brook av, E. 156th st, Prospect av, Crotona Pk, S Crotona av, E 187th st, 3rd av. Washgtn av to Fordham rd. Return same.
- 3-B, BRANCH, Lv 156th st & Prospect av via Prospect, Southern blvd, E 149th st, Jackson av to 138th st. Return same.
- 4 BAINBRIDGE Lv Jerome subway Fordham sta via Fordham rd, Valentine av, E 196th st, Bainbridge av, Woodlawn rd, Jerome av, E 233rd st. Katonah av to city line. Return same.
- 5 CITY ISLAND-WEST FARMS LINE, Lv (W Farms sq) Boston rd via E Tremont av, Silver st, Eastchester rd, Bronx & Pelham pky, Burr av, Eastern blvd to City Island Belden pt. Return same.

THE SKIN IN HEALTH AND DISEASE

The skin is a highly organized membrane of two layers, the outer known as the scarf skin and the inner or true skin. The scarf skin is a wonderful provision of nature to protect the true skin. It consists of innumerable small (microscopic) scales which are being constantly thrown off and replaced by new ones. It is closely attached to the true skin. The texture is softer than the finest satin and more pliable than the purest Para rubber.

As a result of disease, this fine texture may be lost. This may be due to condition of the blood, kidneys, stomach, etc., and indicates need of the attention of a physician who has had extensive experience in the treatment of such conditions.

The true skin is of a moist or mucous texture and contains the blood vessels, nerves and myriads of glands, the sweat or sebaceous glands and hair follicles. The natural skin, free from blemish or sores, discolorations, boils, pimples, eruptions, is one of the chief beauties and attractions of the human body. As your skin is fine as silk guard it well. If there is indication of blemish, do not hesitate to consult me. If you have a chronic disease, as eczema, acne (pimples), blood disorder (anaemia), urticaria (rash), I invite your confidence in the modern methods of treatments.

- 6 THROGGS NECK, Lv (Westchester sq) via E Tremont av, Miles av, Meagher av, Schurz av, Pennyfield av, Harding av to Ft Schuyler. Return same.
- 6-B PELHAM PARK, Lv Pelham Bay pk & Westchester via Middletown rd to E Tremont av. Return same.
- 7 BOSTON ROAD, Lv Bronx & Pelham pky via White Plains rd, Allerton av, Boston rd to Dyre av. Return same.
- 8 WILLIAMSBRIDGE ROAD, Lv Westchester sq via E Tremont av, Williamsbridge rd to White Plains rd. Return same.
- 9 EASTCHESTER ROAD, Lv Westchester sq via E Tremont av, Williamsbridge rd, Eastchester rd, E 225th st, Laconia av to White plains rd. Return same.
- 10 RIVERDALE, Lv 231st sta (7th av Bway sub) via 230th st, Duyvil rd, Johnson av, Kappock st, Riverdale av north to city line. Return same.
- 11 ONE HUNDRED SEVENTIETH ST, CROSSTOWN, Lv Southern blvd & Freeman via Freeman st, Intervale av, Wilkins av, thru Crotona Park, Claremont pkwy, Clay av, 170th st, Shakespeare av, to Woodycrest av, 168th st, Ogden av, Boscobel av over Washington Bridge to 181st st sta, 7th av sub. Return same.
- 12 CITL ISLAND-FORDHAM LINE, Lv Jerome av via (Fordham rd sta) Bronx & Pelham pky, Eastchester rd thru City Island to Belden pl. Return same.
- 13 EDENWALD AVE, Lv White Plains av via 233rd st, Edenwald av, Seton av, 233rd st, Dyre av to N. Y., West & Boston sta. Return same.
- 14 CASTLE HILL AVE, Lv Westchester av via Castle Hill av to (Castle Hill pool), Norton av.

GREEN BUS LINES

- AVENUE C**, Lv Desbrosses Ferry (East) via Watts st, Greenwich st, Charlton st, Prince st, Stanton st, Pitt st, Ave C, Marginal Way, 24th, 1st av to 26th. (West) 1st av, 24th, Marginal Way, Ave C, Houston st, Washington st, Watts st to Desbrosses Ferry.
- DELANCEY & SPRING STS**, Lv Delancey & E River via Delancey, Bowery, Spring, W Bway, Watts to West st. Return same. Every 3 to 5 min.
- DYCKMAN ST**, Lv Dyckman st subway sta, via 207th, 10th av, Nagle av, to Dyckman st ferry. Runs every 5 minutes fr 6:30 a.m. to 12 night.
- MADISON & CHAMBERS ST**, fr Delancey & East sts via East, Grand, Madison, New Chambers, Chambers to West st. Return via Chambers st, New Chambers, Madison, Grand, Tompkins, Delancey to East st.

AT LAST

Hemorrhoids (Piles)

and RECTAL DISEASES

**Successfully treated without operation or
loss of time from your work.**

Piles, technically known as Hemorrhoids, are tumors of various size, composed of connective tissue and dilated blood vessels, which form within the last inch of that portion of the alimentary canal known as the Rectum.

A Fissure is a tear or crack between the folds of the mucous membrane about the anus. It causes a sharp pain during and after a bowel movement, lasting at times for several hours.

A Fistula is a channel or canal which serves as a drain pipe for an ulcer within the rectum or the cavity of an old abscess in the surrounding tissues. Unless abscesses or boils forming in or close to the rectum are very carefully treated a fistula always results.

Prolapse of the Rectum: This takes place when the lining membrane of the rectum becomes detached from an underlying muscular structure, and descends to an unnatural position, usually, but not always, through the anus to the outside. This is curable when seen early.

Hemorrhoids (Piles) either of the external, internal, or itching variety are now treated by the latest scientific method without pain or interference with your work and with extremely gratifying results even in those cases where other methods of treatment have either completely failed or given little benefit.

KEEP THE BLOOD PURE

Watch the little pimples, they are Nature's warning. No one is stronger than the condition of his blood allows him to be.

- 49th & 50th ST CROSSTOWN**, Eastbound on 50th & Westbound on 49th st. Bet 1st av & North Riv.
- 79th ST (East)**, Lv Bway via 79th st, Columbus av, 81st, Central pk (W) E thru Transverne to 79th & 5th av via 79th st to Exterior st. Return same.
- 86th ST (East)**, Broadway & 86th st, to Transverse, 5th av, 86th st, Ave A, 92nd st. Return same.
- 96th ST LINE**, Fr Ave A & 92nd st via 1st av, 96th, 5th av, 97th, Central Pk. Central Pk W, 97th, 96th, Bway, 97th, W End av, to 96th & B'way. Return same. (

Time Table & Route Subject to change without Notice

NEW YORK BUS LINES

Transfers 2 cents additional on these lines

- BROADWAY & SEVENTH AVE**, Lv South Ferry via Whitehall st, State st, Bowling Green, Bway & 45th st, 7th av to 59th st. Return same.
- COLUMBUS-LENOX AVE**, Fr Columbus av & W 65th via Columbus av, W 109th, Manhattan av, W 116th, Lenox av to W 146th. Return same.
- EIGHTH ST CROSSTOWN**, Lv Christopher st ferry via Christopher, Greenwich av, 8th & St. Marks pl, Ave A, E 10th st to ferry. Return via E 9th st to 4th ave and same.
- FOURTEENTH ST CROSSTOWN**, Fr. W 23rd st ferry via 22nd st, Marginal st, 14th st, Ave A Essex st to Delancey st, Clinton st. Ret. same.
- LEXINGTON AVE**, Fr. South Ferry via Whitehall Bway, 23rd, Lexington av, 116th, Lenox av to 146th. (Branch service on Lex av bet 116th & 130th st). Return same.
- ONE HUNDRED SIXTEENTH ST CROSSTOWN**, Fr 106th st & Amsterdam av via 106th, Columbus av, 109th, Manhattan av, 116th st to East River. Return same.
- SEVENTH AVE-DELANCEY**, Lv 7th av & 59th st via 7th av, Greenwich av, 7th av, 6th av, 8th st, Ave A, to E Houston st, Essex st, Delancey st to Clinton st. Return via Ave B, Clinton, 2nd st, Ave A, 9th to Stuyvesant 8th st & then same.
- SIXTH AVE**, Lv W 59th & 6th av via 6th av to 4th st.
- THIRTY-FOURTH ST. CROSSTOWN**, Fr. E 34th st ferry via 34th st, 10th av, 42nd to W 42nd ferry. Return same.
- TWENTY-THIRD ST CROSSTOWN**, Fr. 23rd st ferry via 23rd st to E 23rd st ferry. Ret. same.

VARICOSE VEINS

Their complications and treatment; there is no loss of time from work or home

VARICOSE

VEINS, ULCERS, LEG SWELLINGS
ARE SUCCESSFULLY TREATED
WITHOUT AN OPERATION

Many people think they are suffering with Rheumatism, Neuritis, Neuralgia, Nervousness or Kidney Diseases, when the trouble may really be caused by Varicose Veins, Varicose Ulcers, Leg Swellings or Rectal Disorders. Many former patients are recommending their friends to me because they have been successfully treated in my office. Call today. I make

No Charge for Examination

DR. WM. A. WALKER

142 E. 34th St., nr. Lexington Ave.

PERFECT HEALTH

The time to begin treatment is now and not after a disease has thoroughly established itself.

At my office you will receive a thorough and searching examination of the entire body with a laboratory analysis of the blood and urine and whatever additional tests may be found necessary.

BUS LINES

EIGHTH AVE. Lv Bway, Canal, Hudson, Abingdon sq., 8th av & Central Pk W, to Harlem River; also to 159th st. Ret. same. (Shuttle at Canal st to Cortlandt st ferry).

NINTH AVE. Lv Canal st via Greenwich st, 9th av, Columbus av, 65th st, Broadway, 72nd st, Amsterdam to LaSalle st. Return same.

FIFTY-THIRD ST. Fr 6th av & 53rd st to 9th.

PARK AVE. 135th & Madison to 42nd st, to Park av & 4th av to Lafayette st to Post Office. Return same way.

BUS TERMINALS

ASTOR TERM. rear of Hotel Astor, 220 W 45th st (tel Chickering 7730). All subways to Times sq.

CAPITOL THEATRE TERM. rear of Capitol Theatre, 51st st, W of Bway, 7th av sub to 50th sta, B.-M.T. to 49th.

CENTRAL UNION. 241 W 42nd st (Dixie Hotel).

FORTY-FIRST ST TERM. 234 W 41st st, bet Bway & 8th av. All subways to Times Square station.

FORTY-THIRD ST TERM. opp Hotel Woodstock, 43d st E of Bway. All subways to Times sq. station.

HERALD SQ TERM. Herald bldg, 6th av & 36th st.

HUDSON BUS TERM. New court house, Worth & Centre st.

NEVINS. W 31st st nr 6th av & 203 W 33rd st.

PENNSYLVANIA MOTOR COACH. 34th st (at Penn RR.).

PUBLIC SERVICE. 4 W 40th st.

WALDORF TERM. 6th av & 37th st.

OUT OF TOWN BUSES

ATLANTIC CITY. Lv Capitol Term 8:30 a.m. daily. arrive 1:00 p.m. Stops Keyport, Matawan, Freehold, Lakewood.

ALLENTOWN, EASTON, READING, HARRISBURG. Lv 241 W 42nd st, 8:30 a.m. & 1 p.m.

ASBURY PARK, N.J. Lv Astor Term 10 a.m., 2:15 p.m. Lv Capitol Term 10:10 a.m., 12:20 p.m., 10:35 a.m., & 12:30 p.m. Sundays & Holidays, 10 a.m.

BERGENFIELD, DUMONT, TEANECK, N. J. Lv Astor Term 9:00, 10:15, 10:45 a.m.; 12:15, 12:45, 2:

BLUE WAY LINE. 143 W 43rd st.

CENTRAL BUS DEPOT. 143 W 44th st.

DIXIE BLUE TERMINAL. 241 W 42nd st.

GREAT EASTERN BUS SYSTEM 246 W 42nd st.

GREYHOUND LINES. 143 W 43rd st.

HAVE YOU A CHRONIC DISEASE?

Piles or other allied rectal diseases, Gastric Ulcer, indigestion,, burning stomach, distress or constipation, Blood-Ailments (anemia), weak and run-down conditions or high-blood pressure.

Skin Diseases, itching, burning eczema or pimples.

Nervous Diseases, neurasthenia, fear, fatigue and sleeplessness.

Bladder Ailments, frequency, burning, painful and annoying chronic afflictions. Do you get up at night?

Varicose Veins, leg ulcers or allied leg swelling.

If you have some trouble you do not understand come to me in confidence.

ANEMIA

This is a condition of poor blood due to a decrease in the percent of iron in the red blood cells. It may be due to disease but is usually due to weakness following influenza, stomach trouble, kidney diseases which weaken the blood stream due to the great amount of the poisonous products thrown into the system. The patient feels run-down, tired, weak, loss of appetite, no ambition, headaches and dizziness. There is usually a loss of weight, loss of color of the face and a general sickly appearance. A simple test of your blood and a physical examination will quickly determine this condition. If such is the case, the direct-method treatment accomplishes wonders in restoring the blood to its former condition and bringing the general condition of the body back to its former healthy state. **Free consultation is offered to all sufferers.**

2:45, 3:45, 4:15, 4:45, 5:15, 5:45, 6:15, 6:45;
8:45, 10:15, 11:30 p.m.; 12:30, 1 a.m.

BOONTON, N. J., Lv Penna Term 9:00, 11:30 a.m.,
1:30, 4:30, 5:30, 7:30, 9:30, 12:00 p.m. Astor
10:15 p.m.

BOSTON, MASS., Lv Astor Term every 2 hours daily,
via Bridgeport, New Haven, Hartford, Springfield &
Worcester. Time 11 hours (meals included). Lv
Capitol Term 8:30 a.m. & 10:00 p.m. daily, via
New Haven, New London, Providence.

BRIDGEPORT & STAMFORD, CONN., See New
Haven.

BUTLER, N. J., Lv Penna Term 10:30 a.m., 12:30,
3:30, 6:30, 8:30, 11:35 p.m. for W Caldwell, Little
Falls, Singac, Mountain View, Wayne, Pompton
Lakes & Bloomingdale.

CALDWELL, N. J., Lv Herald sq Term 8:45 a.m.
half hourly to 12:15 p.m. via Arlington, Belleville,
Bloomfield, Glenridge & Verona.

DELAWARE WATER GAP & WILKESBARRE, Lv
Capitol Term.

DENVILLE, N. J., Lv Penna Term 9:00, 11:30 a.m.,
1:30, 4:30, 5:30, 7:30, 9:30, 12:00 p.m.

ELIZABETH, Lv Capitol Term hrly 8:50 to 12:45 a.m.

ENGLEWOOD, Lv Worth & entre every 2 hours 9:15
a.m. to 9:15 p.m.

**FOREST HILLS, JAMAICA, BELLAIRE, HOLLIS,
L. I.,** Lv Capitol Term hourly service fr 10:30 a.m.
to 2:30 p.m., 4:00, 5:00, 5:30, 6:40 p.m. every 40
min fr 6:40 p.m. to 10:00 p.m., 11:15, 12:00 p.m.,
1:00 a.m.

GARFIELD, N. J., Lv 41st st Term 8:30 a.m. then
hourly fr 9:45 to 1:45 a.m. Sat, Sun, $\frac{1}{2}$ -drly, 8:30
to 1:45 a.m.

GLEN COVE, L. I., Lv Penna Term 8:00 & 9:15 a.m.,
then hourly to midnight (last bus 1:15 a.m.) via No
Hempstead, Red Lion Inn, Roslyn, Roslyn Heights,
See Cliff.

GREAT NECK L. I., Lv Astor Term every hour on
the $\frac{1}{2}$ -hour, 7:30 a.m. to 12:30 night. Stops Main
st, Flushing, Little Neck.

HACKENSACK, N. J., Lv 41st st Term every 20
minutes, 8:30 to 12:40 a.m. Lv 43rd st every 30
minutes, to 1:30 a.m.

JAMAICA, L. I., Lv Penna Term half hourly 15 &
45 min. after the hour from 8:45 a.m. to 12:15
a.m. & 1:00.

JERSEY CITY, N. J., Lv Capitol Term every 10 min
from 7:45 a.m. to 1:00 a.m. Lv New Court house,
Worth & Centre sts every 2 hrs, 15 min after the
hour from 9:15 a.m. to 9:15 p.m.

KEW GARDENS, L. I., Lv Penna Term daily except
Sun & hol. every 15 min; 8:45 a.m. to 5:30 p.m.,
then half hourly.

- LAKEWOOD, N. J.,** Lv Penn Term 8:30 a.m. daily.
Leave Astor Term 10:00 a.m. daily.
- LONG BRANCH, N. J.,** Lv Capitol Term 10:30 a.m. daily.
- LONG BEACH, L. I.,** Lv Astor Term 10 & 11 a.m., 12, 2, 4 & 6 p.m.
- MONTCLAIR, N. J.,** Lv Herald sq Term 9:00 a.m. & every half hour to 12:30 a.m. Lv Capitol Term every 15 min, 9:00 a.m. to 12:00 night.
- NYACK, ENGLEWOOD,** Lv 41st st Term (via Edgewater ferry) 8:25 a.m. & every 30 min to 12:55 a.m.
- NEW HAVEN, CONN.,** Lv Astor Term 8:30, 10:30 a.m. 12:45, 2:30 & 5:00 p.m. Sun & hol 8:00 p.m. Lv Capitol Term 11:30 a.m. 1:30, 4:30, 5:30, 7:30 p.m. Sundays & holidays, 9:30.
- NEW ROCHELLE, N. Y.,** Lv Capitol half hourly 8:30 to 2 a.m.
- ORANGE, N. J.,** Lv Astor Term half hourly, 9:15 a.m. to 12:15. Lv Capitol Term every 10 min, 9 a.m. to 12 night.
- PASSIAC, PATERSON & RUTHERFORD, N. J.,** Lv Capitol Term at 7:15 a.m. then every 15 min to 1:30 a.m., via Rutherford. Lv 41st st Term 8:30 a.m. then every 15 min.
- PHILADELPHIA, PENNA,** Lv Nevins & Penna Term every hour. 7:30 a.m. to 1:30 p.m.
- RIDGEWOOD, N. J.,** Lv 41st st Term every hour, 8:30 a.m. to 1:30 a.m., via Leonia, Teaneck, Bogota, Hackensack, Maywood.
- ST. ALBANS, L. I.,** Lv Astor Term half hourly 10 a.m. to 11:30 p.m., then 12:15 & 1 a.m.
- WESTWOOD, HACKENSACK, ETC.,** Lv 41st st Term daily & Sun every 30 min from 8:35 a.m. to 1:00 a.m.

Bold Figures Indicate Express Time

Time table subject to change without notice

1st & 2nd AVE. BUSES

- YORK AVE-57th ST LINE**—From 93rd st and York ave to 57th st and Second ave.
- YORK AVE-86th ST LINE**—From 93rd st and York ave to 86th st and Second ave.
- FIRST AVE-ALLEN ST LINE**—From 123rd st and First ave to South Ferry.
- FIRST AVE-ASTOR PL LINE**—From 125th and First ave to Astor pl and Broadway.
- SECOND AVE-WORTH ST LINE**—From 129th st and Second ave to Worth st and the Bowery.

CONCLUSION

This little book is published with the idea of assisting unfortunate disease suffering men and women to regain their coveted health. Sympathy for the thousands of discouraged and sick people has prompted my printing these pages of advice, suggestions and information that may prove of untold value even to the despairing invalid

CONFIDENCE

The greatest asset a patient can have in relation to medical treatments is confidence. I have always sought to place the interests of the patient first. In my office the secrets that the patients confide and the history that is told is held in strict confidence by me.

I do not use any patient's name, or letters that I receive from them, nor do I ask my patients for testimonials to use for my benefit.

Every case is separately treated with the strictest privacy in individual rooms, because I do not believe in group treatments and "wholesale rush" methods.

A patient gains confidence by knowing that the doctor takes a sincere interest and gives the best of his knowledge and ability.

This expresses my policy and you too will have confidence, when such principles are applied to your case.

If any question or condition is troubling you—call any time for a consultation or examination for which there is no charge

Mężczyźni i Kobiety

Poco cierpieć

Kiedy macie pomoc tak blisko.

Wielka ilość mężczyzn i kobiet, którzy byli cierpiącymi znaleźli pomoc i jestem przekonany, że jeżeli zechcecie to i Wam mogę pomóc.

WASZ PRAWDZIWY STAN ZDROWIA okaże się po dokładnem doktorskiem zbadaniu i analizie chemicznej, lub zbadaniu za pomocą mikroskopu. Zatrzymanie lekarstw i serum wprost do krwi w połączeniu z użyciem lekarstw i elektryczności przyniesie niewątpliwie zadawalniające rezultaty w wypadku Waszym.

Jeżeli cierpicie od nowej lub chronicznej choroby, nerwowych wstrząśnięć reumatyzmu, zawrotów głowy, zakażenia krwi, lub skórnych chorób, plam na oczach, słabej pamięci, słabości, bezsenności. Bólów szyi i Karku zaszczytnionych składów, Bólu Gardła, Żółciowej i Nerkowej choroby. Cierpienia Neuralgii bólu brzucha, obłożonego języka i Zatwardzenia, przyjdzie do mnie.

Dokładne zbadanie zwykle pokaże jaki jest wasz stan zdrowotny i jeżeli cierpicie, jakie są wasze cierpienia. Czem wcześniej dowiecie się o tych faktach i poddacie się dokładnemu leczeniu od jakiegokolwiek to nie było wynalezioną chorobą, tem lepiej dla Waszego zdrowia. W wielu wypadkach kuracja za pomocą elektryczności była dawana i przynosiła doskonałe rezultaty. Postaraj się, by dać się zbadać możliwie wcześniej.

**NASZA ROZLEGŁA PRAKTYKA POZWALA
NAM UDZIELAĆ RADY PO PRZEWIDUJĄCYM
STĘPNYCH CENACH**

W ofisie D-RA WALKER'A

142 E. 34 Ulica

Nowy York,

Godziny przyjęć: Codziennie, od 9 do 8
We Wtorki i Czwartki od 9 do 4. W Niedziele
od 10 do 1 tylko.

Uomini e Donne

Perch  state a soffrire

Quando l'aiuto   cos  vinco?

Un grande numero di uomini e donne che hanno sofferto sono stati aiutati ed io credo che, se ne avete bisogno, voi verrete soddisfacentemente trattati al mio ufficio.

LA VOSTRA CONDIZIONE VERA verr  dimostrata da una visita scrupolosa, fisica e chimica o microscopica. Iniettando medicine e sieri direttamente nel sangue, insieme all'aiuto di medicine e di elettricit , potete star sicuri che certo ne ricaverete vantaggio.

Se voi soffrite di disturbi recenti o di lunga durata, di disordini nervosi, di reumatismo, di vertigini, di malattie della pelle e del sangue, di macchie avanti agli occhi, cattiva memoria, debolezza, insonnia, dolori al collo e al dorso, articolazioni reumatizzate, mal di gola, disturbi dei reni e della vescica, dolori nevralgici, mal di stomaco, costipazione e lingua sporca, venite qui.

Usualmente una visita scrupolosa dimostrer  esattamente le vostre condizioni e se avete, o meno, qualche malattia. La cosa migliore per la vostra salute   di conoscere la verit  e di correggere nel miglior modo possibile qualsiasi difetto che possa venir scoperto. In molti casi ho trattato i miei pazienti con l'elettricit , il che has dato eccellenti risultati. Non trascurate bi farvi visitar al pi  presto possibile.

**LA MIA ESTERSA CLIENTELA MI
PERMETTE DI PRESTARE I MIEI
SERVIGI A PREZZI MODICI**

Al ufficio del DR. WALKER

142 E. 34th St., New York City

Office Hours: 9 a.m. to 8 p.m. Daily

Tuesday and Thursday 9 A. M. to 4 P. M. only

Sundays: 10 to 1 only.

DR. WM. A. WALKER

Licensed Physician

30 YEARS OF EXPERIENCE

OCCUPIES THE
ENTIRE PRIVATE HOUSE
142 EAST 34th STREET
NEW YORK N. Y.

Between
Lexington and Third Aves.

OFFICE HOURS
9:00 A. M. to 8:00 P. M. Daily
Tuesdays and Thursdays
9:00 A. M. to 4:00 P. M.
Sundays,
10:00 to 1:00 Only

THERE IS NO CHARGE FOR
EXAMINATION OR ADVICE

DO NOT NEGLECT YOUR HEALTH

1936	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	1936	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July	1	2	3	4	Oct.	1	2	3
	5	6	7	8	9	10	11		4	5	6	7	8	9	10
	12	13	14	15	16	17	18		11	12	13	14	15	16	17
	19	20	21	22	23	24	25		18	19	20	21	22	23	24
	26	27	28	29	30	31	...		25	26	27	28	29	30	31
Aug.	1	Nov.
	2	3	4	5	6	7	8		1	2	3	4	5	6	7
	9	10	11	12	13	14	15		8	9	10	11	12	13	14
	16	17	18	19	20	21	22		15	16	17	18	19	20	21
	23	24	25	26	27	28	29		22	23	24	25	26	27	28
	30	31		29	30
Sept.	Dec.
	6	7	8	9	10	11	12		6	7	8	9	10	11	12
	13	14	15	16	17	18	19		13	14	15	16	17	18	19
	20	21	22	23	24	25	26		20	21	22	23	24	25	26
	27	28	29	30		27	28	29	30	31

1937

Jan.	1	2	July	1	2	3
	3	4	5	6	7	8	9		4	5	6	7	8	9	10
	10	11	12	13	14	15	16		11	12	13	14	15	16	17
	17	18	19	20	21	22	23		18	19	20	21	22	23	24
	24	25	26	27	28	29	30		25	26	27	28	29	30	31
	31	Aug.
Feb.	...	1	2	3	4	5	6		1	2	3	4	5	6	7
	7	8	9	10	11	12	13		8	9	10	11	12	13	14
	14	15	16	17	18	19	20		5	6	7	8	9	10	11
	21	22	23	24	25	26	27		22	23	24	25	26	27	28
	28		29	30	31
March	...	1	2	3	4	5	6	Sept.
	7	8	9	10	11	12	13		5	6	7	8	9	10	11
	14	15	16	17	18	19	20		12	13	14	15	16	17	18
	21	22	23	24	25	26	27		19	20	21	22	23	24	25
	28	29	30	31		26	27	28	29	30
April	1	2	3	Oct.	1	2
	4	5	6	7	8	9	10		3	4	5	6	7	8	9
	11	12	13	14	15	16	17		10	11	12	13	14	15	16
	18	19	20	21	22	23	24		17	18	19	20	21	22	23
	25	26	27	28	29	30	...		24	25	26	27	28	29	30
	1		31
May	2	3	4	5	6	7	8	Nov.
	9	10	11	12	13	14	15		...	1	2	3	4	5	6
	16	17	18	19	20	21	22		7	8	9	10	11	12	13
	23	24	25	26	27	28	29		14	15	16	17	18	19	20
	30	31		21	22	23	24	25	26	27
June	Dec.
	6	7	8	9	10	11	12		1	2	3	4
	13	14	15	16	17	18	19		5	6	7	8	9	10	11
	20	21	22	23	24	25	26		12	13	14	15	16	17	18
	27	28	29	30		19	20	21	22	23	24	25
		26	27	28	29	30	31	...